



MARATHON MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lifestyle changes like this could halve the number of cancer cases.		You are helping us to reach 5,800 people affected by cancer this year.		£60 of your fundraising will provide a memory book for a child whose parent has cancer.		£80 of your fundraising could provide a 6 week counselling programme for a child.
1  Let's Smash This	2 1 Mile	3 1 Mile	4 1 Mile: May the 4th be with you!	5 	6 1 Mile	7 Share your Everyday Hero page with friends
8 2 Miles: You Can Do It!	9	10 1 Mile	11 1 Mile	12 1 Mile: Hit a New Route!	13 2 Miles	14 
15 1 Mile: Bring a Friend!	16 1 Mile	17  You're Halfway There!	18 2.2 Miles	19	20 1 Mile	21 1 Mile: Try a Local Beauty Spot!
22 	23 1 Mile: Bring Your Dog! 	24 1 Mile	25 1 Mile	26 1 Mile	27 	28 1 Mile
28 1 Mile: Wear Something Fun!	30 2 Miles	31  Final Mile!	HURRAY You're a Marathon May Hero!			